

May 16, 2011

To: LSC General Chairs  
LSC Sanction Chairs  
LSC Officials Chairs  
LSC Permanent Offices  
USA Swimming Member Coaches  
Board of Directors

Pursuant to the emergency safety power provisions of Rule 504.8, the USA Swimming Board of Directors, at its meeting held on May 7, 2011, passed the attached Open Water legislation. This legislation has received the approval of a majority of the voting members of the Rules & Regulations Committee, the Safety Education Committee, and our legal counsel. These new rules were precipitated by the recommendations of the Open Water Review Commission chaired by Mr. Richard Pound (“The Pound Commission”), which investigated the circumstances surrounding the death of Fran Crippen, while he was participating in a FINA Open Water World Cup Event.

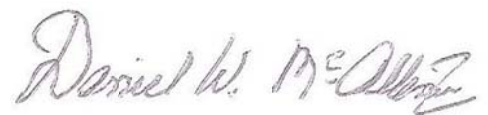
The additions to our Rules & Regulations, which are attached, include the following:

1. A requirement that for any open water event, the Meet Host shall develop a Safety Plan;
2. Provides that the meet referee or meet director has the ability to independently withdraw the sanction or approval for an open water event if adequate safety precautions are not in effect on the day of the race; and have the authority to independently stop the race at any time if safety becomes a concern;
3. Provides that every open water event shall have an Independent Safety Monitor who has the authority to withdraw the sanction or approval, or to stop the race at any time if adequate safety precautions are not in place;
4. Establishes a maximum and minimum water temperature for open water competitions; and
5. Establishes water quality requirements.

In addition to the changes to our Rules & Regulations, the Board adopted, as part of the USA Swimming Policy Manual, a standardized open water sanction application and established the requirements for a safety plan. This Sanction Application must be completed in order to obtain a sanction or an approval for any open water competition, and must be accompanied by a written safety plan. The standardized sanction application and safety plan requirements are attached.

For those open water competitions that have already obtained a sanction or approval, it is very strongly recommended that a written safety plan be adopted prior to the competition.

The new USA Swimming Rules & Regulations, standardized sanction application, and safety plan requirements are effective immediately. If you have questions concerning the enclosed please contact me.

A handwritten signature in cursive script that reads "Daniel W. McAllen". The signature is written in dark ink on a white background.

Dan McAllen, Chair  
USA Swimming Rules & Regulations Committee

## ITEM 1 Safety Plan

### 701.2 RULES

- .1 All open water competitions shall be freestyle events.
- .2 The Host Committee shall include in the meet information the policy for abandonment and whether the race will be an "escorted" or "unescorted" swim.
- .3 The Host Committee shall develop a safety plan for the competition in compliance with all requirements included in the published application for sanction of an open water event.

*Re-number remaining*

*No further change*

## ITEM 2 Meet Director

### 701.7 THE MEET DIRECTOR

- .1 Shall determine the course for an open water event.
- .2 Shall have the authority to withdraw the sanction on race day if adequate safety precautions are not in place and shall notify all race participants prior to the beginning of the race of the revocation should the race organizer proceed with the competition;
- .3 Shall have the authority to stop a race at any time should conditions change and safety become a concern.

## ITEM 3 Safety Monitor

### 701.8 THE INDEPENDENT SAFETY MONITOR

- .1 Shall be approved by an open water sanction officer and shall be independent of the race organizing committee;
- .2 Shall be present at the race to assure the approved safety plan is implemented;
- .3 Shall assure that adequate safety precautions are in place to deal with race-day conditions;
- .4 Shall have the authority to withdraw the sanction on race day if adequate safety precautions are not in place and shall notify all race participants of the revocation prior to the beginning of the race should the race organizer proceed with the competition;
- .5 Shall have the authority to stop a race at any time should conditions change and safety become a concern.

*Re-number remaining sections*

## ITEM 4 Referee

### 701.9 THE REFEREE

- .1 Shall ensure that all participants, coaches, and event support personnel are briefed about the course, safety procedures and any site-specific rules applying to the event;

- .2 Shall have the authority to withdraw the sanction on race day if adequate safety precautions are not in place and shall notify all race participants of the revocation prior to the beginning of the race should the race organizer proceed with the competition;
- .3 Shall have the authority to stop the race or to change the distance and/or race course due to safety concerns or unforeseen circumstances;

*Re-number remaining items*

ITEM 5 Water & Air Temperature
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ARTICLE 702

VENUE STANDARDS

702.2 WATER/AIR TEMPERATURE - The race shall not commence if the following conditions are not satisfied:

- .1 The water temperature ~~should~~ shall not be less than ~~be a minimum of~~ 16°C (60.8° F).
- .2 For races of 5K and above, the water temperature shall not exceed 31° C (87.8° F).
- .3 The air temperature and water temperature when added together shall not be less than 30° C (118° F) nor greater than 63° C (177.4° F).

ITEM 6 Water Quality
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702.3 WATER QUALITY

- .1 Local municipality water rules shall apply.
- .2 If water quality meets the standards of the local testing authority, the water quality will be deemed acceptable unless otherwise determined by the Safety Officer or Independent Safety Monitor.
- .3 If an exceptional event such as heavy rain or flooding affects the water quality, the Referee, the Meet Director, or the Independent Safety Monitor shall have the authority to postpone or cancel the race.

*Re-number remaining sections*



## **USA SWIMMING**

Open Water Sanction Application Checklist Guidebook

Page 1 of 2

The following documents must be submitted with the application for sanctioning an open water swimming event and submitted 90 days prior to the events starting date. Completing the sanction application does not automatically grant you a sanction. This application will be reviewed and granted or denied within 10 days upon receipt of the application. Failure to include all aspects requested in the application will automatically cause the application to be denied.

- I. Open Water Sanction Application
- II. General Event Information
- III. Race Plan
- IV. Safety Plan
- V. Water Quality Certification
- VI. Emergency Plan
- VII. Contingency Plan



## USA SWIMMING

Open Water Sanction Application Checklist Guidebook  
Page 2 of 2

### **General Event Information**

Should include the following (but not limited to):

- Name of Event
- Facility name and address
- Meet Director's Name, Phone & E-mail (if available)
- Length of Races
- Entry Procedures
- Entry Chair's Name, Address, Phone, E-mail
- Warm-Up Times (if applicable)
- Awards / Scoring (if applicable)
- Additional Facility information (restricted areas, costs associated with event location, etc)

Please ensure that all references are to USA Swimming and not USS or United States Swimming.

See Exhibit A for an example.

### **Race Plan**

This plan should include a statement describing the event. This will help in preparing the basis for developing the other plans that support the event. Please include a Google Earth Map (or similar) of the course outline, with all points of interest (eg. buoy markers, placement of safety personnel and craft, start/finish, feeding stations, medical personnel location, direction of the course.)

See Exhibit B for an example.

### **Safety Plan**

This plan is the Who/What/Where/When/How of safety. What organization is providing water safety? Are they full time safety personnel? Are they water rescued certified. How many will be in place and where will they be located? What number and kind of safety craft will be on hand? If you will be requesting less than the required minimum number of safety craft, you will need to specifically address why within this plan. An example of this applying would be when the course is small enough to view all the swimmers with less boats. The extra boats would simply be getting in each other's way and not efficient in providing safety. What kind of communication will be used for boat to boat and from boat to shore? Example: Radios will be the primary communication, if the radios break down cell phones will become the primary form of communication. What is the maximum number of athletes allowed on the course? What would safety changes would occur should you allow more than your maximum number? What will be done to deal with the various conditions (marine life, tides, currents, air temp, water temp etc.)?

Keep in mind:

- ✓ Flags must be used for all safety crafts regardless of if they have radios. This will be the emergency signal for all on the course.
- ✓ There must be 1 safety craft for every 20 swimmers. The official's boat cannot double as a safety craft.
- ✓ You must include within the plan how you will handle the following:
  - Identifying a distressed swimmer within 10 seconds.
  - Initiating a response within 20 seconds.
  - Rendering immediate resuscitation.

- Transporting victim to a medical facility.

\*\*\*A sanction will not be granted unless the applicant can verify a response time for rendering immediate first aid within one minute.\*\*\*

- ✓ -Each motorized safety craft must have a radio in order to communicate to the race officials and medical personnel on shore. Radios should include two channels dedicated to 1) race officials and 2) medical staff.
- ✓ There must be a plan to tag the swimmers going into the water and tagging the swimmers when they come out.
- ✓ A Technical Meeting must be held within 24 hours of the start of the race. A USA Swimming member representative must be present during this meeting for each athlete. If the athlete is not represented, the swimmer must not be allowed to enter the race. The Race Director may elect to provide a personal briefing which includes everything covered in the Technical Meeting. Additionally, a briefing will be conducted just prior to the start of the race. All swimmers MUST be present for this meeting or they will not be allowed to compete.
- ✓ If the event is a 5K or less, no feeding station is required. If the race is 5k to a 10K, one feeding station is required. If the event is 10k or more, and the event is unescorted, there must be a feeding station every 2k.
- ✓ It is highly recommended the big can buoys be used for major areas along the course. This will help with sighting and lessen the chance of a swimmer wondering off course.
- ✓ All participants must be observed at all times during the race. The Safety Plan should account for the number of athletes entered, the course layout, and the anticipated spreading of the athletes throughout the course.
- ✓ Safety Responders should be qualified individuals that would be able to render the initial and appropriate First Aid to an ailing athlete.
- ✓ For races 10K or less, it is not permitted to have personal escort crafts on the course. This can confuse the safety personnel and can jeopardize, rather than help the athletes.
- ✓ Jet Skis may not be used as safety crafts unless they are equipped with sleds in order to transport an athlete to shore. The use of Jet Skies may be used for other functions, just not safety.

See Exhibit C for an example.

### **Water Quality Certification**

A water quality certificate of the body water where the race will take place ensuring the water is suitable for public use is required for a sanction to be granted. Whatever entity is responsible for testing waterways in the local area will be able to provide this information. Should the body of water used for the event not have a current certification on file and/or not currently tested, a independent test will need to be done for this application and with an additional test taken the week prior to the start of the event.

See Exhibit D for an example.

### **Emergency Plan**

This plan will detail the emergency response procedures for a swimmer in distress. \*Every vessel on the course is a potential first responder. The plan should include procedures for responding to the swimmer and the evacuation procedures in order to get the swimmer to shore for extensive medical treatment. The plan should include who will be on shore to immediately treat the athlete and how they will be transported to an emergency facility. The plan should include a procedure for a missing athlete. The plan should include procedures for abandoning the race, weather cancelation, etc. The plan should include signals or sirens which will indicate the immediate evacuation of the race course. The plan should include how the Race Director will ensure that all have been evacuated and accounted for.

See Exhibit E for an example.

### **Contingency Plan**

Please attach a Contingency Plan. It is understood that no one can predict what will happen weeks from now however; this application is requesting a plan for "what if". What will the process be if things do not go as planned? This plan reduces the "doing it on the fly" attitude prevalent at many OW races. It can also help reduce making decisions that will help the race but hurt the athletes.

\*Hypothetical examples that would be uniquely evaluated for a given venue /event:

1. Water temperature below / above the required temperature.
2. Water conditions change to an extreme situation.
3. Original Safety Plan called for four boats when only three are available-change course from 2k course to a 1k loop. Cannot provide enough boats-cancel the race.
4. Same issue for safety personnel as with boats.
5. Alternate locations for feeding stations.
6. Alternate locations for the start and finish areas.
7. Alternate plan for a buoy blow out.
8. Event plan valid for planned number of competitors +20% (example). What changes would be required if the overage exceeds that amount.

See Exhibit F for an example.

# USA SWIMMING

## Open Water Sanction Application Checklist Guidebook



### Exhibit A

### General Event Information

**USA Swimming**  
**2011 Open Water National Championships**  
**Event Technical & Entry Information**

**Important Facts About the Competition**

- The 2011 USA Open Water National Championships will serve as the Trials for the USA Swimming National Open Water Team. For complete USA Swimming National Team selection criteria, please refer to the National Team Selection Rules at [usa-swimming.org](http://usa-swimming.org).
- Registration for the Open Water National Championships will be available from March 1, 2011 through May 30, 2011. There will be no late or on-site registration.
- All participants in the National Championships must be US Openwater Athlete members of USA Swimming and eligible to represent the U.S. in international competition.
- Swimmers and Coaches Responsibility: It shall be the swimmers' and coaches' responsibility to acquire their own swimwear with all of the information contained in this competition information book, as well as information obtained at each race site technical meeting. USA Swimming Rules govern the conduct of these championships.
- Accommodations: Race permits will be arranged with advance notice.
- UNEP/STP: Race water quality at Fort Lauderdale Beach, across from the information kiosk at Florida Aquatic Center. Registration will be at the Aquatic Center and technical meetings will be at the nearby Bala Blue Resort and Training Center, 60 Seawater Boulevard.

**Event Administration**

<b>Local Meet Director</b> Jay Thomas 813-251-1373	<b>USA Swimming Vice President, Program Operations</b> Jim Deaton 813-251-1373
<b>Race Site Director</b> Dan Cassidy 813-251-1373	<b>USA Swimming National Events &amp; Marketing Director</b> Dan Cassidy 813-251-1373
<b>Championships Release</b> Dan Cassidy 813-251-1373	<b>USA Swimming National Events Coordinator</b> Dan Cassidy 813-251-1373

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**Competition Entry Information**

**Location**  
The races will be conducted in the Atlantic Ocean on Fort Lauderdale Beach, with the pre-race staging at the Fort Lauderdale Aquatic Center, 60 Seawater Boulevard, Fort Lauderdale, Florida. The races will be held at the Fort Lauderdale Aquatic Center. Changing control will also take place at the Fort Lauderdale Aquatic Center.

**Eligibility**  
Only U.S. Openwater Athlete members of USA Swimming are eligible to compete in the 2011 USA Open Water National Championships. All participants must be US Openwater Athlete members of USA Swimming and eligible to represent the U.S. in international competition.

**Entry Fees**  
100 National Championships  
\$40.00 Individual  
\$0 National Championships  
\$0.00 Individual

**Technical Meetings**  
All swimmers and coaches should arrive at Fort Lauderdale in time for the technical meeting for their event. Each participant is responsible for all information (beyond that of these meetings).

**Pre-Race Meetings**  
All swimmers and coaches should arrive at Fort Lauderdale in time for the technical meeting for their event. Each participant is responsible for all information (beyond that of these meetings).

**Race Course and Operations**  
The race course will consist of two (2) mile and one (1) mile courses. A "head" officer will be available to assist you.

**Practice Availability**  
Fort Lauderdale Beach is always open to the public, and is monitored by Lifeguards 10:00am - 5:00pm daily. Additional swimming opportunities are available according to the following:

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**Qualifying Criteria and Entry Process**

**Qualifying Criteria**

In order to compete in the USA Swimming 2011 Open Water Championships, a swimmer must have:

- Finished in the top 10 at a 2010-11 FINA World Cup Race, or
- Finished in the top 10 at the 2010 USA Swimming 5K or 10K National Championships, or
- Attended the 2011 Open Water Development Camp by invitation only, or
- Achieved the following cut times (standards) between April 1, 2009 and the entry deadline:

Women 5K Race Qualifying Time	1:00:00	1:05:00	1:10:00	1:15:00
Men 5K Race Qualifying Time	1:17:30	1:20:30	1:23:30	1:26:30
Women 10K Race Qualifying Time	1:35:00	1:40:00	1:45:00	1:50:00
Men 10K Race Qualifying Time	1:45:00	1:50:00	1:55:00	2:00:00

**Entering On-Line at [usa-swimming.org](http://usa-swimming.org)**

U.S. Team Athletes must attend Championships through USA Swimming's On-Line Meet Entry System (OMES). Entries will be accepted from March 1 until May 30, 2011 at 11:59 p.m. Mountain Time.

You will be required to complete a USA Swimming Athlete Release Form (ARF) at [usa-swimming.org](http://usa-swimming.org). You will be required to pay for the on-line entries with a Visa, Mastercard, American Express or Discover. (AMEX is not an eligible option, it is necessary to provide a form that exempts your athlete's purchase.)

Once you complete your entry, you will be sent confirmation via e-mail. Please keep all of these and bring them with you to the meet (just in case).

Swimwear items will automatically be sent to you via email after you submit your entry. Please have these items and [usa-swimming.org](http://usa-swimming.org) before you arrive.

**Foreign Entries**

The 2011 USA Open Water Championships are not just for athletes.

**Qualifying Period**

The qualifying period for this event is April 1, 2009 through the entry deadline.

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**USA Swimming Open Water Rules**

**Rules**  
2011 USA Swimming Rules and Regulations will govern this event. Please see Part Seven of the 2011 USA Swimming Rules & Regulations for complete rules of Open Water Rules.

**Selected Open Water Rules**

**Swimmers**

- No swimmer shall be allowed to wear or use any device that may be an extra fin, speed, endurance, or buoyancy.
- A maximum of two (2) fins may be used.
- Wetsuits, flotation aids, and anything used to maintain buoyancy, except a neoprene application of these items, are not allowed.

**Team Events**

- Team events will be conducted concurrently with individual events, with the results of the individual event used to compile the team ranking.
- The team event shall be conducted on a total time basis. Clubs may enter a number of three (3) or four swimmers. Points to be deducted from the competition totals shall be assigned to the swimmers in the order of their finish, with the slowest swimmer's finish being the last to be deducted.
- Team and Club awards will be made from USA Swimming headquarters to the recipients after the event.

**Doping Control**

- The athletes in these competitions are subject to drug testing conducted by the United States Anti Doping Agency (USADA) and FINA under the In-Competition Testing Program.

**Awards**

- Individual champions shall be determined and awarded in women's and men's competitions. Medals shall be awarded to all first through eighth place finishers in individual events.
- The male and female swimmers 18 years of age or younger attending the highest level competition shall be recognized at the USA Swimming 18 and under OWS Championships each competition event and shall receive the appropriate USA Swimming Championship medals.
- Team Event medals shall be assigned to team event members/pairs that finish third.
- Awards shall be given to the top three clubs, men's, women's and combined where the following criteria are met:
  - Men's or Women's: In order for awards to be given either a specific gender, that gender shall have a minimum of 10 competitors from at least three clubswimming teams.
  - Combined: To be eligible for this award, a club must have entered at least men's and women's events, and there must have been a minimum of three clubswimming teams in each gender's race which has swimmers in the competition.

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**Event Logistics and Reimbursement**

**Parking**  
Parking is available adjacent to the race site on Fort Lauderdale Beach.

**Weather Contingency**  
In the event of adverse conditions, the following alternatives will be used based on weather conditions, and at the discretion of the meet director:

- Priority 1 - Later start/shorter race day
- Priority 2 - Later start/shorter race day

**Headquarters Hotel**  
Fort Lauderdale Beach has been approved as the headquarters hotel for the 2011 USA Open Water National Championships. The hotel is located at 60 Seawater Boulevard, Fort Lauderdale, Florida. The hotel is located at 60 Seawater Boulevard, Fort Lauderdale, Florida. The hotel is located at 60 Seawater Boulevard, Fort Lauderdale, Florida.

**Reimbursement Criteria**  
A. Athletes must be U.S. citizens and eligible to represent the United States in international competition.  
B. For Open Water National Championships based on results from the current and previous year's Championships.  
C. Local athletes only qualify via the rankings and are eligible to receive funding.  
D. Coaches who have athletes on the list will be reimbursed following the competition's closing. Reimbursement of funds should be sent to the Club in the form of a check or money order. Reimbursement of funds should be sent to the Club in the form of a check or money order. Reimbursement of funds should be sent to the Club in the form of a check or money order.

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**Doping Control**

**Testing**

The athletes at this competition are subject to drug testing conducted by the United States Anti Doping Agency (USADA) and FINA under the In-Competition Testing Program. The athletes at this competition are subject to drug testing conducted by the United States Anti Doping Agency (USADA) and FINA under the In-Competition Testing Program.

**Supplements**

The athletes at this competition are subject to drug testing conducted by the United States Anti Doping Agency (USADA) and FINA under the In-Competition Testing Program. The athletes at this competition are subject to drug testing conducted by the United States Anti Doping Agency (USADA) and FINA under the In-Competition Testing Program.

**More Information**

For information regarding medication rules, the reporting of medication and the requirements to plan a pre-competition test, please contact the USADA Doping Agency (USADA) at 800.235.0202.

For more information about the doping control process please visit the USA Swimming website at [usa-swimming.org](http://usa-swimming.org).

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## Exhibit B

### Race Plan

City of Fort Lauderdale and Fort Lauderdale Aquatics will serve as the hosts for the 2011 USA Swimming Open Water 5K/10K Championship and World Championship Team Trials. The races will be conducted on June 10, 2011 – Male and Female 10k and June 12, 2011 – Male and Female 5k. The races will be conducted in the Atlantic Ocean on Fort Lauderdale Beach. Pre-race staging and post-race recovery will be at the Fort Lauderdale Aquatic Complex, less than 200m from the start/finish area. Pre-race training available at the Fort Lauderdale Aquatic Complex. Doping control at the Fort Lauderdale Aquatic Complex. Water safety will be provided by the City of Fort Lauderdale Ocean Rescue - FLOR. Officiating by a select group of Nationally certified open water officials supplemented by Florida Gold Coast Swimming local officials.



## **Exhibit C**

### Safety Plan

#### Safety Plan:

1. Emergency Services provided by Fort Lauderdale Ocean Rescue (FLOR). FLOR is a United States Lifesaving Association (USLA) certified agency.
2. On-Course - FLOR maintains designated EMT's at TWR's: #'s 5, 7, 9, 11.
3. FLOR employs AED's at each of these towers and on all four supervisory beach vehicles.
4. All FLOR Guard Towers and supervisory beach vehicles are equipped with Basic Life Support (BLS) gear.
5. Guards will be on-duty at 9:30am at all towers.
6. All Life Guard Towers, Supervisory vehicles and on-water safety personnel communicate via the City Police/Fire/Rescue radio network.
7. There are two ACLS Vehicle garages on the island. ACLS vehicles are dispatched as needed directly to the tower requesting emergency services. Estimated response time is 5 minutes to all tower locations.
8. There will be two Personal Watercraft on-course manned by FLOR personnel.
9. There will be two FLOR personnel on rescue boards on course.
10. There will be four FLOR personnel dispatched with the Referee vessels on course.
11. All Swimmers must remain within 50m from shore.
  - a. Race Operations will be manned by:
    - i. Race Director
    - ii. Administrative Referee
    - iii. FLOR Representative – with radio
12. The race is held within the Ft. Lauderdale public swimming area protected by Fort Lauderdale Ocean Rescue and within the boundary of the City Ordinance.
13. A paramedic vehicle manned by two EMT's will be on site during the race.

#### Communications Plan:

1. Primary - There will be two separate radio networks using two different frequency plans. The radios are not interchangeable. Communication across radio networks will be coordinated through Race Operations.
  - a. USA Swimming VHF radios:
    - i. Race Director
    - ii. Race Operations
    - iii. Race Referees
    - iv. Safety Officer
    - v. Course Officer
    - vi. Spare vessels
    - vii. Feed Station Referee
    - viii. Administrative Referee
    - ix. Turn Judges
  - b. Fort Lauderdale – Police/Fire-Rescue Radio Net
    - i. Race Operations
    - ii. Life Guard Towers
    - iii. FLOR Supervisors Vehicles
    - iv. On-Water Guards on PWC
    - v. Fort Lauderdale Fire Rescue
2. Secondary: Cellular Telephones will be used as a backup communications link. The following positions will be issued a phone number listing:
  - a. Race Director
  - b. Meet Referee

- c. Safety Officer
- d. Race Referees
- e. Course Officer
- vi. FLOR Chief

**Exhibit D**

Water Quality Certification

## **Exhibit E**

### Emergency Plan

#### Emergency Action Plan:

1. Swimmer in Distress:
  - a. FLOR will activate their water rescue protocols.
  - b. Swimmers withdrawing from the race must report to the nearest lifeguard tower for identification. Lifeguard will radio race-control with the competitor number and direct the swimmer to return to the start area.
  - c. A First Aid tent will be maintained on the beach in the Start/Finish area manned by the paramedics. While at the Fort Lauderdale Aquatic Complex, First Aid will be provided by Aquatics Complex personnel.
  - d. Swimmers needing emergency medical care will be administered to by FLOR or the paramedics at the finish.
  - e. Swimmers requiring evacuation via ambulance will be transported to Broward General Hospital – Level 1 Trauma Center – 4 miles from course center. Transit time @ 7-10 minutes.
2. Missing Swimmer
  - a. All swimmers will be issued a “Race Ticket” with their competitor number during the registration process. This “Ticket” will be collected as the swimmers enter the water.
  - b. All swimmers will be required to provide a personal cell phone contact and a coach/handler cell phone contact at registration.
  - c. All swimmers will be videotaped during the final inspection/accounting prior to the start.
  - d. If a swimmer is reported missing and last seen in the water: FLOR will activate their under-water search and recovery protocol. Concurrently, meet operations will attempt contact with the coach/handler and swimmer via cell phone. Meet Operations will also review the start list, withdrawal list, site race tickets, and view the pre-race video tape to confirm the swimmer actually started the race. All swimmers are reminded before the race start that they must report to the nearest lifeguard if they withdraw from the race. All swimmers who depart from the water will be identified by their race number.

## **Exhibit F**

### Contingency Plan

#### *Parameters for Abandoning the Race:*

1. Any one of the following individuals are empowered to independently order the race abandoned due to unsafe course or other conditions.
  - a. Meet Referee – Ron Van Poole
  - b. Safety Officer – Sid Cassidy
  - c. Water Safety Supervisor - FLOR Chief – Breck Ballew
2. If the race is to be abandoned, Race Control will relay via radio to all vessels to signal abandonment. Simultaneously, the FLOR Chief will signal via FLOR radio net to signal abandonment.
  - a. The abandonment signals will be:
    - i. From Officials Boats – 5 short blasts followed by one long blast.
    - ii. From the Lifeguards – 5 short blasts of the whistle followed by one long blast.
  - b. Swimmer actions are to:
    - i. Discontinue swimming
    - ii. Look for directions from the Officials or water safety personnel
    - iii. Once safe on the beach, proceed to the start/fish area and check-in.

#### *Contingency Plan:*

1. Due to venue restrictions (50m from shore), it is unlikely any change to the shape of the course will be possible.
2. If weather conditions require, the directions of swim (CW/CCW) and the location of the start/finish structure may be changed.
3. If the race is abandoned, it will be postponed until later the same day. If the race must be abandoned for the entire day, the race will be held the following day.

# **USA SWIMMING**

## Open Water Sanction Application Checklist



The following documents must be submitted with the application for sanctioning an open water swimming event and submitted 90 days prior to the events starting date. Completing the sanction application does not automatically grant you a sanction. This application will be reviewed and granted or denied within 10 days upon receipt of the application. Failure to include all aspects requested in the application will automatically cause the application to be denied.

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# USA SWIMMING

Open Water Sanction Application

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BASIC INFORMATION				
Name of Host Club:				
Name of Event:				
Event Location:			Event Date	
City	State	LSC	Zone	
Length of Race(s):				
Age Groups Participating: (circle all that apply)      10&U      11&12      13&14      15-18      Open				

KEY PERSONNEL		
Meet Director(s):		
Cell Phone: (    ) -	Home Phone: (    ) -	E-mail:
Meet Referee:	E-mail:	
Safety Referee:	E-mail:	
<i>If using multiple waves or separate gender races</i>		
Additional Referees:		
Assistant Referees:		

ADDITIONAL PERSONNEL	
Name of medical personnel on site :	Qualifications:
Open water experience of medical personnel:	
Additional medical personnel: (qualifications)	
Will medical personnel be located on the course?      Yes      No	
Safety experience level of first responders on the course: (eg. ARC Lifeguards, USLA, YMCA, ect.)	
Name of closest medical facility:	
Type of medical facility: (eg. urgent care, hospital)	
Distance to closest medical facility:	Approximate transport time:



## USA SWIMMING

Open Water Sanction Application

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RACE DAY CONDITIONS	
Expected air temperature:	Expected water temperature:
Type of body of water: (circle one)    Lake    Ocean    River    Pond    Other:	
Water type: (circle one)    Salt water    Fresh Water	Course: (circle one)    Closed course    Open course
<i>If open course, please indicate the entity used to control the traffic while swimmers are on the course.</i>	
Expected conditions for the athletes: (eg. marine life, tides, currents, underwater hazards)	

RETURN THIS COMPLETED FORM AND ALL REQUIRED ATTACHMENTS TO:

ILLINOIS SWIMMING  
1400 E TOUHY AVE  
SUITE 245  
DES PLAINES, IL 60018

847-824-1596